



Successful hikers:

- Plan their hike before they start and go prepared.
- Hike during the cooler, shadier time of the day.
- Go slowly, rest often, and stay cool.
- Eat salty foods and drink water or sports drink.

Depending on how prepared you are, your trip can be a vacation or a challenge, a revelation or an ordeal. Over 250 people are rescued from the canyon each year. The difference between a great adventure in Grand Canyon and a trip to the hospital (or worse) is up to YOU.

DO NOT attempt to hike from the rim to the river and back in one day, especially May to September.

*During the summer months, when inner canyon temperatures are extremely high, access to inner canyon trails may be restricted to early morning and evening. Information on trail restrictions and trail closures is available at (928) 638-7888 (press 1-3-1).*